

The model

THE WAY TO SOLVE ANY PROBLEM

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C = CIRCUMSTANCE - FACTUAL, WITHOUT OPINION - THIS PART IS OUT OF YOUR CONTROL.



OUR CIRCUMSTANCES TRIGGER THOUGHTS

T = THOUGHTS - YOU WILL HAVE MANY THOUGHTS. PICK ONE YOU WANT TO EXAMINE.



OUR THOUGHTS CREATE OUR FEELINGS

F = FEELING - WHAT IS THE FEELING THIS THOUGHT GIVES YOU - ONE WORD DESCRIPTION.



OUR FEELINGS FUEL OUR ACTIONS

A = ACTION - WHAT DO YOU DO OR NOT DO IN A SITUATION WHEN YOU FEEL THIS WAY?



OUR ACTIONS CREATE OUR RESULTS

R = RESULT - THIS IS THE RESULT OF YOUR ACTIONS AND PROOF FOR THE THOUGHT.

ANYTIME YOU WANT TO FEEL BETTER OR ACHIEVE A NEW RESULT, YOU CAN USE THE MODEL TO TAKE A LOOK AT WHAT'S GOING ON AND THEN BE DELIBERATE ABOUT WHAT YOU CHOOSE TO THINK, TO CHANGE YOUR MODEL. IT'S KIND OF LIKE MAGIC. *try it.*